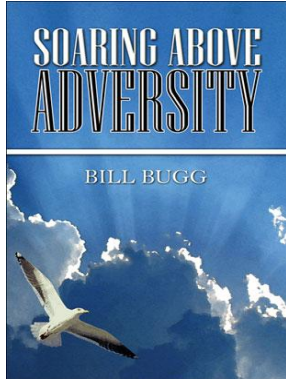


Urbana Senior Center

9020 Amelung St., Frederick, MD 21704 (ground floor of the Urbana Library)
301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov
www.FrederickCountyMD.gov/aging



Soaring Above Adversity

A presentation on being a
caregiver for a loved one

**Tuesday, October 23
6:30 p.m.
Urbana Senior Center**

The book, “Soaring Above Adversity” by local resident, Bill Bugg, is an account of his experiences as the primary caregiver for his wife who passed away after an 18-year struggle with Alzheimer’s. This presentation, by Bill, will focus on the six chapters of his book; each presenting a unique topic but collectively presenting what everyone needs to know and accomplish to be at their best whenever they may become a caregiver.

- Alzheimer’s, The Beginning to the End
- Spiritual Recognition
- The Power of Positive Thinking
- Legal and Administrative Needs
- Building and Protecting Your Assets
- Staying Mentally and Physically Fit



Directions to the Urbana Senior Center:

I-270 South from the city of Frederick, Go south on I-270, Take Exit #26 (Route 80; Urbana/Buckeystown), Turn right at bottom of ramp, Continue to the next traffic circle, Go $\frac{3}{4}$ the way around circle, Turn right on Sugarloaf Parkway, At the next traffic circle, go $\frac{1}{2}$ way around, Stay right on Sugarloaf Parkway, At the stop sign, turn left on John Simmons Street, Turn right into the parking lot behind the library/senior center building